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YOU'RE SAYING I SOLD MORE THAN WHO?
 WHEN THE STATUS QUO IS OUTSELLING KANYE'S ALBUM, WHAT WOULD A BANNER YEAR FOR J. COLE LOOK LIKE? **PAGE 17**

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AMIDST A HURRICANE

Jeff Skinner of the Carolina Hurricanes charges into goalie Karri Ramo while battling Ladislav Smid during their game in Raleigh, N.C., on Monday. Ramo shut out the 'Canes, giving the Flames a much-needed win. Story, page 29. KARL B DEBLAKER/THE ASSOCIATED PRESS

Parents camp in cold for spots in school

Making the rounds.
 A photo apparently depicting the kindergarten camp-out circulated on social media Monday



JEREMY NOLAÏS
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Parents hoping to enrol their youngsters in a crowded south-west Calgary Catholic school camped overnight in sub-zero temperatures to hold their spots at the front of the line.

The dedicated effort, generally more reserved for music lovers hoping to obtain coveted concert tickets, comes as officials have painted bleak

pictures for suburban families hoping to have their kids educated close to home.

Calgary Catholic School District officials confirmed three parents hoping to sign their kids up for kindergarten at John Costello School, located along Strathcona Drive SW, arrived at 6 p.m. Sunday and stayed until the doors open and registration began Monday morning.

A photo apparently depicting the kindergarten camp-out circulated on social media Monday. It shows three people dressed head-to-toe in warm clothing and sitting in lawn chairs. The trio also appeared to be running a heating device using a propane tank.

CCSD spokesperson Sean Myers said a few more parents joined the group around midnight and about 20 had gath-

ered by the time the principal arrived to open the school.

Unlike the Calgary Board of Education, Catholic schools have not turned to lotteries to determine student enrolment in packed schools, but Myers said it wasn't clear if parents at the front of Costello's enrolment line would have a better shot of signing their kids up.

"We were actually surprised a few parents did that, but certainly the school didn't ask them to do that," Myers said of the camp-out.

Efforts to reach the parents involved were unsuccessful Monday, but an area superintendent warned in notices posted to the school website last week that restrictions were being placed on enrolment for the 2014-15 school year in response to surging student numbers in Calgary's west end.

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Calgary Homeless Foundation. CEO resigns abruptly

Calgary Homeless Foundation president and CEO John Rook has resigned, the foundation announced Monday.

"We're very thankful to John for all his years and for his passion," said Alan Norris, chairman of the foundation's board of directors.

Norris said he could not speak specifically about the reasons for Rook's sudden departure.

Andrea Ranson, the foundation's vice-president of communications, said Rook's resignation had nothing to do with a media report that also came out Monday morning suggesting the foundation was undertaking an "early review" of its 10-year plan to end homelessness.

Ranson said the report characterized the action as something unusual, but it's actually a regular update the foundation does every three years. "We did one in 2011, we're doing one in 2014, so this is normal course," she said.

Rook took over the CEO position in 2012 from Tim Richter, who moved on to head up the Canadian Alliance to End Homelessness.

Richter told Metro on Monday the goal of ending homelessness — defined as ensuring that no person spends more than seven days in a shelter or on the street — is "well within reach" for Calgary.

Norris said the foundation remains committed to reaching that goal by 2018.

Gerrad Oishi, vice-president social enterprise, will serve as interim CEO as the foundation seeks a permanent replacement. **ROBSON FLETCHER/METRO**



Calgarian Jason Hastie has put the first house he ever purchased up for grabs, hoping to find a needy recipient for the bungalow. CONTRIBUTED/KIJJIJI

Man's generous offer bringing down the house

1,200 square feet up for grabs. Country musician marvels at 'insane' response to online ad for free bungalow



BRYAN WEISMILLER
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Country crooner Jason Hastie created a commotion Monday after offering to donate his Killarney bungalow to a needy beneficiary.

In an online classified ad, Hastie writes his family's 1,200-square-foot house is free for the taking — on the condition the new owners cover the moving tab.

At press time, his Kijiji post had nearly 90,000 views and his email inbox and

voicemail had been inundated with replies.

"It's gone insane," Hastie told Metro. "A really good insane, of course."

"But we really weren't prepared for the response we got."

In fact, the Calgary music artist was on a red-eye flight to Miami, en route to a wedding in Jamaica, when his classified ad went viral. Armed with only a 15-minute long-distance card, Hastie acknowledged he wasn't equipped for the "craziness."

Still, he's turned his focus to what happens next.

Quoted

"We really just want to see it go to a family in need." Jason Hastie

"We're trying to filter out who will be the beneficiary," Hastie said. "It would be nice to find a mover who would work with whoever gets it."

"We really just want to see it go to a family in need."

While the southwest residence may be 61 years old, Hastie contends it's far from a fixer-upper. The ad boasts of new tiling, hardwood in the three bedrooms and new windows and doors.

It was the first house he owned and Hastie wants to see it go to a deserving owner.

"I don't want to see it torn down, and our initial thought was that it could go to a flood victim," he said.

The Hastie family is looking to find a recipient by mid- to late February.

The family has decided to give away the garage, too.

Details

- The median value of properties in Killarney is \$526,000, according to the city's 2014 assessment, though much of the cost comes from the land value.
- Provided with some specifics, a Calgary-based moving company estimated it would cost roughly \$25,000 to relocate elsewhere.
- Hastie has pledged the first \$1,000 toward the moving costs and hopes others will help out. Anyone interested in making a donation can contact him at jasonfromkillarney@gmail.com.

1 NEWS

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Right on (uncovered) track

Residential snow-clearing plan 25% complete

Crews had cleared snow from 25 per cent of Calgary residential roadways, keeping them right on track with a four-week plan to rid neighbourhoods of piles of the white stuff, officials said Monday.

A heavy blast of snow caught motorists off-guard Monday morning and Environment Canada forecast that up to 10 centimetres of snow could fall by today.

Gusts of wind also led



City crews and hired contractors have so far hit 25 per cent of residential roads to reduce ruts and remove snow. METRO FILE

to reduced visibility during the morning commute and there were reports of broken windows in some areas of the city.

Still, the city says it is continuing with the residential snow-clearing plan and also working to maintain Priority 1 and Priority 2 routes. METRO

NE Calgary

Construction workers hurt in project collapse

Two construction workers were hurt Monday morning as a northeast Calgary home-construction project collapsed.

Fire crews were called to 31 Avenue and 5 Street NE just after 8:30 a.m.

They found several framed walls had fallen, compromising the structural integrity of the three-storey building.

Occupational Health and Safety is investigating. METRO

National study

Alta. leads in disturbing natural landscape

A national study suggests that Alberta has disturbed more natural landscape than any other province. The study by Global Forest Watch finds the province has two of the three areas in Canada where the rate of disturbance is the highest.

The report combines government data, satellite imagery and cropland maps to look at intrusions in the last decade into major eco-zones. THE CANADIAN PRESS

PTSD

Air Canada apologizes after soldier charged for service dog

An Alberta soldier with post-traumatic stress disorder says she's disappointed Air Canada wouldn't allow her dog on board a plane as a service animal.

Sgt. Shirley Jew says the airline told her PTSD isn't recognized as a disability that requires a service dog.

Air Canada has apologized in a statement, calling the matter a misunderstanding. THE CANADIAN PRESS

Let the 'Sunshine' in!

Sunshine List.

Alberta government employees earning over \$100K will see salaries published

Calgary's mayor and education advocates appear warm to disclosing salaries of top city, public-school and post-secondary officials, but some are suggesting tweaks to practices followed in other provinces.

The province has already announced it will begin disclosing staff earnings over \$100,000 at month's end in a document referred to in other provinces as the "Sunshine List."

But the initiative doesn't include city officials and it's unclear whether school boards and post-secondary institutions will be required to follow suit.

Calgary Coun. Diane Colley-Urquhart plans to bring forward a motion Jan. 27 to

Huh.

"People will be surprised to know that the chief superintendent of the Calgary Board of Education makes more than Premier Alison Redford."

Frank Bruseker, president of the Alberta Teachers Association Local 38, vouching support for including school boards in Alberta's Sunshine List

include all city staff over the \$100,000 mark in a similar list and a poll of her colleagues conducted by Metro Friday found most support the move.

But while Mayor Naheed Nenshi said he has no problem with the idea upfront, he worries about the potential "inflationary impact."

"So, Joe in roads sees that Jane in waterworks is making more money than him, so Joe uses that in his contract negotiations the next time," Nenshi mused Monday. "It's very rare for Jane to go in and say, 'Joe's making less than me. Please cut my salary.'"

Nenshi said he believes

Colley-Urquhart's motion attempts to determine a "cutoff point" for what level of salaries should be disclosed, adding he supports a discussion on that.

But others saw the need for a list that would follow strict guidelines used elsewhere. In Ontario, for example, all city staff, school principals, vice-principals and university executives are included and the 2012 edition in that province contained 88,412 names, an 11 per cent jump over 2011.

Conner Brown, vice-president external with U of C's student union, said introducing a similar list would be a "breath of fresh air."



Mayor Naheed Nenshi says city council will need to determine a proper "cutoff point" for salary disclosures of its employees. METRO FILE

"I think \$100,000 is an easy figure for people to understand ... people all want to make

six figures in their life, right?" Brown said. "I believe students would like to know how much

their professors make."

JEREMY NOLAIS/METRO, WITH FILES FROM ROBSON FLETCHER

Moving Spanish program the best option: CBE



Calgary Board of Education area director Calvin Davies says school space is "at a premium" in west-end communities he oversees. METRO FILE

Despite conceding that moving a southwest Calgary Spanish bilingual program will double commute times for some students, a public school official said Monday it was the best option in light of dwindling space in the city's west end.

Parents with kids enrolled at Westgate School have lashed out at Calgary Board of Education planners in recent days after they were abruptly informed more than 300 students learning Spanish at the site will be sent 14 kilometres southeast to Eugene Coste for the 2014-15 school year.

Parents impacted by the move, however, questioned why they were being sent so far to a building that temporarily housed flood-displaced students from the damaged Elbow Park School. Those youngsters have now been moved to a modular school for a few years while Elbow Park is torn down and replaced, but some Westgate families questioned why they weren't next in line for a new facility, given that demand appears to be greater in their area.

CBE area director Calvin Davies, however, said only

Nearly full

91%

Westgate School is currently operating at 91 per cent student capacity, according to figures published by the Calgary board in the fall.

"Band-Aid solutions" had been developed after three years of consultations to solve the space crunch. He said the Eugene Coste site, which was closed until Elbow Park kids were moved there in September, allows the Spanish program to serve kindergarten to Grade 6

students and provides room for the French program remaining at Westgate to grow.

Davies admitted the commute would double for students furthest from Coste, namely those in Cougar Ridge.

"We try our best to make sure (bus) ride times are less than an hour across the system ... depending on the number of Cougar Ridge students, how many pickup spots there needs to be — that plays a role — but we would be looking at dedicating buses (there), not marrying up these buses to other routes," he said. JEREMY NOLAIS/METRO

Snowed under? Dial 311

Help a plower. City plans dumping sites for private snow



ROBSON FLETCHER
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City staff are looking into opening new sites that could be used for private snow dumping.

"It is something we're working on," transportation general manager Mac Logan told city council Monday. "We're not quite ready to announce anything yet."

Logan was responding to a question from Coun. Richard Pootmans, who said many condo associations in his ward had raised concerns about having nowhere to put snow removed from their properties.

"It is a real need," Poot-

mans said.

Logan said the city used to allow private dumping at its three snow sites but stopped about three years ago.

"We were having troubles with the sites basically being turned into impromptu sanitary waste dumps," he said.

The city's current sites are also "beginning to fill up" so re-opening them for private use is not a viable option, Logan added. But the city is looking at

new potential sites that could have a staff member on duty there to make sure only appropriate materials are dumped.

In the meantime, Logan said there are other options.

"There are private landowners that have sites set up for (snow dumping); or, alternatively, the property owner can bring in snow-melting equipment, or they can just store it somewhere else on their site," Logan said.



The city is considering new dumps for private snow, as homeowners and condo associations run out of space to dispose and store the white stuff.

METRO FILE

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Coun. Sean Chu: Put new bike lanes on sidewalks, not roads

Calgary should put new bike lanes on sidewalks instead of roads, according to one city councillor, but city staff say that would make many sidewalks unusable for pedestrians.

"Why can't you put it on the sidewalk?" Coun. Sean Chu said at Monday's council meeting. "Why do you have to compete with the vehicles? Why can't you take three feet, four feet, five feet off the sidewalk?"

Tight

1.5m

Calgary's new width for residential sidewalks, up from 1.1 metre, which was "by far the narrowest" in Canada, said city staff

Cycling co-ordinator Tom Thivener said that's just not feasible in the areas being examined for bike lanes or

separated cycle tracks because sidewalks are too narrow.

Coun. Druh Farrell pointed out it's illegal to ride on sidewalks under provincial law and said many of Calgary's older sidewalks are already the narrowest in Canada at 1.1 metres (3.6 feet).

"I would suggest that the sidewalks, actually, in most parts of downtown are pretty wide," he said.

ROBSON FLETCHER/METRO

Northwest Calgary

Man dragged by truck thief 100m

A Calgary man who was dragged 100 metres while trying to prevent a thief from stealing his pickup truck is in hospital recovering from serious injuries.

Police say the man awoke around midnight by someone trying to steal his truck. He confronted the thief and was pinned against a fence before being dragged. **THE CANADIAN PRESS**

Nenshi. Neil Young won't get white hat ceremony

Mayor Naheed Nenshi says he won't personally roll out the welcome mat when Neil Young comes to Calgary for a benefit concert that has raised the hackles of many Albertans.

"Everybody's entitled to their opinion," Nenshi said Monday when asked his view of Young's anti-oilsands concert series, due to roll into Calgary on Sunday.

Nenshi said he won't offer Young a white hat ceremony,

Not for everyone

"I normally don't white hat Lady Gaga and others when they come."

Mayor Naheed Nenshi

which he rarely does for visiting musicians.

ROBSON FLETCHER/METRO

Practicing UXO Safety at Weaselhead Park



From 1908 to 1998, the Canadian Armed Forces (CAF) conducted training operations on the Harvey Barracks, Weaselhead Park, and Sarcee training area. Sarcee training area and Harvey barracks is now known as Tsuu T'ina Nation reserve close to Calgary, Alberta. Manoeuvre trainings were carried out using high explosive, pyrotechnic or inert filled projectiles, shoulder fired and air launched rockets, grenades and various other munitions.

DND/CAF has done work to clear unexploded explosive ordnance (UXO). UXO is the term for military explosives that were used but failed to function or detonate properly.

The Department of National Defence will continue to work closely with the City of Calgary and Calgary Police Services as situations arise.

If you see something that could be UXO:

An example of one of the notices the Department of National Defence has posted to warn visitors about unexploded ordnance in the Weaselhead Flats. DND IMAGE



106 mm Projectile



84 mm Projectile



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Weaselhead Flats officially reopen

Stick to the trails.

City, Department of National Defence, now convinced pathways are safe from unexploded shells



ROBSON FLETCHER

robson.fletcher@metronews.ca

Calgary's Weaselhead Flats have fully re-opened to the public after concerns surrounding old military munitions in the area have been allayed, city officials said Monday.

"The presence of unexploded ordnance in Weaselhead is nothing new, but there was some concern with the significant movement of soil and vegetation from the flood that exposed previously buried ordnance," Chris Manderson, natural area management lead with the city's park depart-

ment, said in a release.

The park in southwest Calgary had been officially closed since numerous undetonated explosives, left over from military training exercises carried out in the area between 1908 and 1998, were uncovered by floodwaters last June.

"Based on that risk, we've been working with the Department of National Defence (DND) to determine the extent of the risk and what was needed to ensure that we could reopen the park safely," Manderson said. "We've followed the advice of DND, which considers the park to be safe. We expect the likelihood of finding more ordnance to be remote."

Lisa Dahlseide, executive director and education co-ordinator with the Weaselhead/Glenmore Preservation Society, said it was "fantastic" to hear about the re-opening.

"We were really eager for it to reopen," she said, noting nearby construction on the southwest ring road could start

within a couple of years. "So people only really have two years to enjoy the park as it is right now, and the peace and the tranquility that it offers."

Warning

Signs warning visitors about the possibility of coming across unexploded ordnance have been placed around the park.

- Manderson reiterated that visitors should stick to designated pathways to minimize the risk, and because off-path areas are also off-limits under a city bylaw.
- If you do happen across any old explosives, DND advises that you do not touch them, leave the area, call 911 and report it.

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Online petition urges Canada Post to keep door-to-door delivery

More than 120,000 signatures. Effort aims to draw attention to effects change may have on those with limited mobility

An online petition urging Canada Post to reconsider its decision to end door-to-door delivery in urban centres has garnered more than 120,000 signatures.

The petition was started by Susan Dixon, a mother from Cambridge, Ont., on Dec. 15.

"My youngest has cerebral palsy and uses a walker or wheelchair to get around," Dixon says in the petition. "For me, Canada Post's decision would mean having to bundle them up and struggle through the snow with a wheelchair just to



Canada Post trucks are parked in a lot in Mississauga, Ont.

FRANK GUNN/THE CANADIAN PRESS

get our mail."

Canada Post announced some dramatic changes to its operations last month, including plans to phase out the age-old tradition of home delivery in urban areas. The company said that without postal carriers travelling by foot, it would save a significant amount of money.

"My hope is that they change their minds and really

consider what they are going to be doing to people with disabilities," said Dixon.

The petition — posted on the website change.org — draws attention to anyone in Canada who has limited mobility, and the possibly dangerous effects this change could have on their lives.

With the help of organizers at change.org, Dixon said she will soon be bringing the petition to several executives at Canada Post, including chief executive Deepak Chopra, and to the Minister of Transportation Lisa Raitt.

"When we hear about Susan and her issues, we hear those loud and clear and we know we need to be sensitive and understanding in our approach to changes," said Jon Hamilton, a spokesman for Canada Post.

"But the status quo is not going to change."

THE CANADIAN PRESS



Man killed in Ontario shopping-mall collapse

Construction workers look on after a partial collapse at a shopping mall construction site left a man dead in Mississauga, west of Toronto, Monday. Police say the man died after being trapped in the collapse. Emergency crews rushed to the Sheridan Centre at about 11:30 a.m. and found the worker trapped. A rescue effort ensued, but he was later declared dead at the scene. The cause of the collapse has not yet been determined. MARK BLINCH/THE CANADIAN PRESS

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Health care. Costs should be made available to patients: Hospital CEO

Watching *Breaking Bad* — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musyj thinking about how little Canadians know about the cost of their health care.

Musyj, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately \$50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musyj asked in an interview.

In a report to his hospital's board of directors, Musyj suggested people should be provided with a summary of all their Ontario Health Insurance Plan charges on an annual basis, or when a patient leaves a hospital.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musyj.

The New Democrats "love" the idea of letting people see their OHIP charges on a website. "They are taxpayers' dollars and we should know how much money was spent for the service that we got," said NDP health critic France Gélinas.

The Progressive Conservatives also support giving patients accurate information on how much their care costs.

Musyj said he's pretty sure of one thing: "If *Breaking Bad* was a Canadian or an Ontario series it would have been over in one episode because Walter White would have gotten his chemo without charge and would have gone into remission and the series was over."

"It wouldn't have gone on because he wouldn't have had to turn to a life of crime to pay for it."

THE CANADIAN PRESS

Controversy

Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix, among a new batch of cardinals selected Sunday by Pope Francis, spoke out Monday against the proposed Parti Québécois legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference when asked about the charter, a document tabled last fall by the minority PQ government.

"People are every day more afraid of each other. Instead of bringing us together and bringing our cultures together and sharing the richness of who we are, we're starting to build walls and be afraid of each other."

THE CANADIAN PRESS



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Swedes hoping womb transplants bear fruit

Frontier science. With surrogates banned, this may be only chance for some women to have children

Nine women in Sweden have successfully received transplanted wombs donated from relatives in an experimental procedure that has raised some ethical concerns. The women will soon try to become pregnant with their new wombs, the doctor in charge has revealed.

The women were born without a uterus or had it removed because of cancer.

In many European countries, including Sweden, using a surrogate to carry a pregnancy is illegal.

There have been two previous attempts to transplant a womb — in Turkey and Saudi Arabia — but both failed to



In this 2012 photo made available by the University of Gothenburg, the team practises before beginning a womb transplant at a hospital in Sweden.

JOHAN WINGBERG, UNIVERSITY OF GOTHENBURG/THE ASSOCIATED PRESS

produce babies. Scientists in Britain, Hungary and elsewhere are also planning similar operations.

"This is a new kind of surgery," said project lead Dr. Mats Brannstrom, chair of the ob-

stetrics and gynecology department at the University of Gothenburg. "We have no textbook to look at."

Brannstrom warned the transplants might not yield children but was optimistic.

Concerns

Some experts have raised concerns about whether it's ethical to use live donors for an experimental procedure that doesn't save lives.

- Dr. Richard Smith of the charity Womb Transplant UK said a womb donation is like a radical hysterectomy but requires taking a bigger chunk of the surrounding blood vessels, raising the risk of complications.
- Brannstrom said using live donors allowed them to ensure the donated wombs didn't have any problems.

"There are no guarantees," he said. "What is certain is that they are making a contribution to science." **THE ASSOCIATED PRESS**

France. History suggests president can come away clean from sex scandal

With a 15 per cent approval rating, French President Francois Hollande was in crisis even before allegations emerged of an extra-marital tryst with actress Julie Gayet. His refusal to deny the affair, and the hospitalization of his partner threatens to destroy what remains of his reputation.



Francois Hollande and Julie Gayet.
GETTY IMAGES FILE

But Hollande may be able to staunch the bleeding. Previous presidents Francois Mitterrand and Jacques Chirac were able to laugh off infidelities with indulgence of the media.

"Hollande would be adhering to a time-honoured French tradition of official mistresses," wrote Prof. Matthew Fraser, politics and media specialist at Sciences Po Paris.

Culturally, France has always been less interested in politicians' love lives than many other countries. This has been reflected in a cross-party refusal to attack Hollande, while a magazine

opinion poll showed 77 per cent considered the subject a "private matter."

The scandal could even provide some respite.

"Hollande may benefit from changing the subject away from bad news on the economy," says Dr. James Stanyer of Loughborough University and author of *Intimate Politics*.

Political scientists have shown that sex scandals are traditionally less damaging than other types. Texas Tech University found that corruption typically costs almost twice as many votes as sex.

KIERON MONKS/METRO WORLD NEWS

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Time to get rid of old, unsafe tank cars carrying oil

'Something has to be done.' International trade critic wonders what the government is waiting for

The railway industry wants to "aggressively phase out" older model tank cars that have been implicated in several recent accidents, the head of CN Rail's safety division told an industry forum Monday.

But the consensus at the day-long workshop was that there's no quick fix for a decades-old problem that has almost 80,000 sub-standard DOT-111 tank cars carrying flammable liquids on North American tracks.

And whatever the solution, the cost eventually will be borne by consumers.

Sam Berrada, director general of safety and occupational health services for CN, told an overflow crowd of industry types, regulators, lobbyists and local first responders that railways will continue to push for safer, stronger tank cars.

A derailment and fire involving a CN train in northwestern New Brunswick last week has renewed calls for greater safety in the booming oil-by-rail trade, which became an international cause following last summer's deadly derailment and fire in Lac-Mégantic, Que.

"Something has to be done because of what we've seen in the past six months and what can potentially occur as the amount of oil (being shipped) continues to increase. It's just too dangerous," said Marc Garneau, the Liberal international trade critic. **THE CANADIAN PRESS**

Safety alert

Derailments

Federal investigators have determined that 400,000 gallons of oil were lost last month when a train derailed and caught fire in North Dakota, according to a report released Monday. The derailment on Dec. 30 has highlighted concerns about shipping crude by rail. It also led to a safety alert from the U.S. Department of Transportation warning about the potential high volatility of crude from the Bakken oil patch in eastern Montana and western North Dakota.

THE ASSOCIATED PRESS



Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon in southern Israel on Monday. Israel said its last farewell to Sharon with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at his family home in the country's south. **ARIEL SCHALIT/THE ASSOCIATED PRESS**

Chess game gone awry. Man killed in dispute

An Italian man allegedly cut open his Dublin landlord's chest and tried to eat his heart following a fight over a chess match.

Saverio Bellante, 34, was charged Monday with murder. Police say he admitted his guilt after being arrested Sunday at the home he shared with Tom O'Gorman, a policy researcher for a conservative Catholic think-tank in Ireland.

Pathologists said the 39-year-old victim suffered dozens of severe knife wounds to his head and chest, which had been cut fully open. Ireland's senior pathologist determined that the heart remained, but a lung was missing.

Police offered no explanation for what happened to the lung. Evidence suggested that O'Gorman's prone head and body also were bludgeoned with a dumbbell.

THE ASSOCIATED PRESS

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Death of the change purse? Royal Canadian Mint tests digital currency MintChip

The Royal Canadian Mint's ambition to launch a secure system to send and spend digital currency, nicknamed MintChip, has passed a new milestone.

While still in research and development mode, MintChip's first proof-of-concept implementation — an integration with a retail point-of-sale terminal made by Ingenico — is being displayed this week at the National Retail Federation's annual convention in New York.



First launched in 2012, just days after it was announced the penny's days were numbered, MintChip was introduced as a potential way for consumers to digitally exchange money in small denominations, in transactions of about \$10 or less.

It could be used in place of cash to buy a coffee or fast food, and online it was envisioned to enable easy transactions for things like buying music, news articles or add-ons for video games.

THE CANADIAN PRESS

Market Minute



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92.20¢
(+0.47¢)



TSX
13,681.48 (-66.04)



OIL
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GOLD
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Natural gas: \$4.30 US (-\$0.01)
Dow Jones: 16,257.94 (-179.11)

McD's CEO saw success at bottom of coffee cup

Do you want a cup of joe with that? Head of McDonald's Canada gave flagging business a jolt by brewing up premium roast java

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way.

Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And



John Betts, president and CEO of McDonald's Restaurants of Canada, serves a McCafé coffee at the busy restaurant location in the Toronto Eaton Centre. TORSTAR NEWS SERVICE FILE

they tasted the coffee. And went back to Michigan to improve their coffee.

It was a small innovation, but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger

King and Dunkin' Donuts.

When in 2008 he was named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April

2009. The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2008.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says.

TORSTAR NEWS SERVICE

Analysts. Lululemon may hold downward dog pose for the foreseeable future

Lululemon Athletica Inc.'s unexpected lowering of its fourth-quarter profit outlook sent its stock tumbling Monday and raised questions about how long the yoga fashion retailer's problems will last.

Chief financial officer John Currie said Monday that the company was on track to deliver on its sales and earnings guidance through December, but had seen traffic and sales trends "decelerate meaningfully" since the beginning of January.

"As we end 2013, we are starting to see the results of the significant investments we made throughout this past year to strengthen and enhance our back-of-house product operations structure," Currie said.

"While we realize that it will require continued investment and time to get to best-in-class status, with our new leadership in place we are very focused on building on this stronger foundation to execute our long-term growth strategies."

But analysts questioned the Vancouver-based company's future amid guidance revisions that, as Cowen and

Sweating it out

Lululemon isn't the only retailer facing headwinds as American shoppers deal with an uncertain economic recovery.

- But the company has suffered some specific setbacks of late — including its handling of a problem with its black luon pants, the fabric of which was sometimes so thin, the pants were see-through.

Co. analyst Faye Landes put it, are "starting to feel like a chronic injury."

"To say that these are weak results would be an understatement," she said in a note to clients as she downgraded the stock from outperform to market perform.

"We are losing count of the number of intraquarter guide-downs that the company has had in the past year plus, which is not what we, or anyone else, wants to see in what is ostensibly a growth stock."

THE CANADIAN PRESS

Cost of suds bubbled up

\$145M fine on tap for price-fixing beer in Germany

German antitrust authorities have fined a group of beer brewers a total of 106.5 million euros (\$145 million US) for illegal price-fixing between 2006 and 2008.

The Federal Cartel Office said Monday that the companies fixed price increases for draft and bottled beer. Five firms were fined — Bitburger, Kröbinger, Veltins, Warsteiner and Barre — along with seven people. THE ASSOCIATED PRESS

E-commerce

PayPal tests out easier checkout for online shoppers

EBay's payments service PayPal has redesigned its online checkout process to let shoppers complete their payment on merchants' websites, rather than go to a separate PayPal site.

Having shoppers stay on an e-commerce site rather than click over to a PayPal page means they are more likely to complete the transaction. THE ASSOCIATED PRESS

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PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting, but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a \$770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream



SHE SAYS
Jessica Napier
metronews.ca

masses in North America and beyond.

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her

partner to buy a pricey item off her delivery-room wishlist. Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgment.

Isn't the miracle of life gift enough?

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

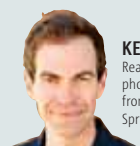
Why, hello there, Miss Bear



KEVIN DIETRICH/SOLENT NEWS

Metro Q&A with photographer

'Not a man in a bearsuit'



KEVIN DIETRICH
Realty broker/amateur
photographer, 33,
from Steamboat
Springs, Colo.

Where did you take this amusing photograph?
In the Chugach National Forest in Alaska. My brother

and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

Did you feel in any danger being close to a grizzly?

Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a pho-

tograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

What has been the reaction to your picture?

Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing

aspect.

What does this image represent? Is it more than a shot of a cute bear?

In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

**INTERVIEW BY ANTHONY JOHNSTON/
METRO WORLD NEWS**

WE ACT: CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Bonnar Dowler, visionary, quiet hero, and expert hotdog griller

Where: Summerland, B.C.
What: Founded Agur Lake Camp

Why: Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

What will this camp mean for the families who visit?

It will give them a break from the pain and suffering



CONTRIBUTED

they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

Where do you get your motivation to keep getting involved? Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

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WWW.DERKS.CA

DVD review



You're Next

Director. Adam Wingard

Stars. Sharni Vinson

• • • • •

You don't need anybody to fingerprint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

It was all a dream ...

Born Sinner. J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

EMILY LAURENCE
Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile.

But despite all the big names, Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of cre-

Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

ating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

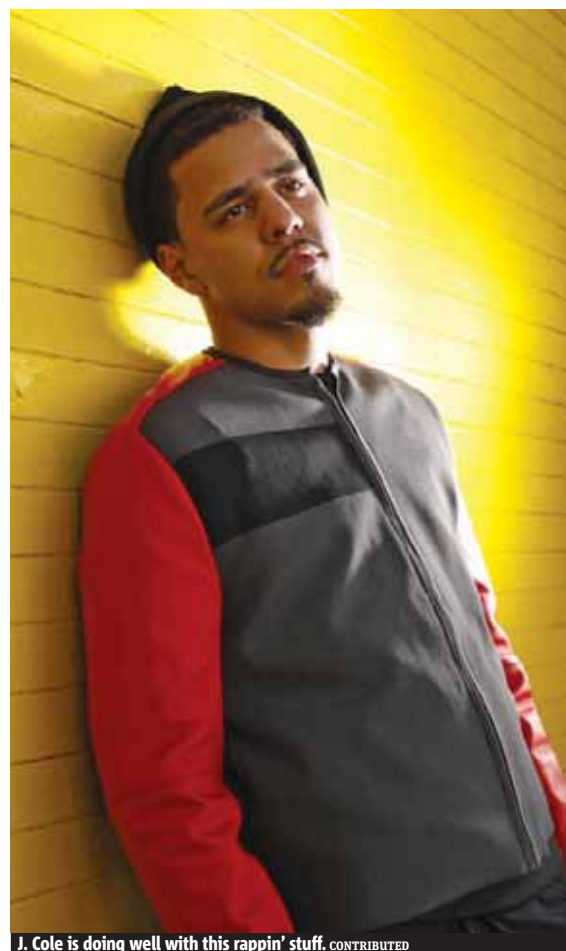
With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals.

"Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the brag-worthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy.

"I learned a long time ago to be somebody that people can relate to and then slip in the messages I want," he explains.

"I want to change the way people feel about themselves not just on a physical level, but the way black



J. Cole is doing well with this rappin' stuff. CONTRIBUTED

people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When I was a kid, I painted this Nike sign on a brown board with these watercol-

ours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

2 SCENE

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Michael J. Fox ALL PHOTOS GETTY IMAGES

Fun-fact faux-pas: E! airs cringe-worthy Parkinson's comment

Fun fact: People suffering from degenerative diseases don't make great fodder for cute pop-ups during award shows. E! learned this the hard way when they aired the "fun fact" during the Golden Globes red carpet pre-show that Michael J. Fox was diagnosed with Parkinson's disease in 1991. Twitter immediately blew up with users furious that the channel would make light of the actor's longtime struggle with the disease, mostly because the wording was just so bad.

That Fox was diagnosed with the disease in 1991 was indeed a fact. In no way is it fun. The network quickly realized their error (due to, you know, all those angry tweets flying their way) and issued an apology to the actor, stating that they "understand the serious nature of the disease and sincerely apologize." Such is the new media landscape: say whatever the hell you want now — apologize later. Fox, who seems like a pretty genial, standup guy, likely accepted their apology.

Purple Rain pop star to make post-Bowl cameo on New Girl

Fox's post-Super Bowl party will include Prince making a guest appearance on the comedy New Girl.

In an episode of the show that will air directly after the big game next month, Zooey Deschanel's character is invited to a mansion party hosted by Prince — and her friends are determined to crash.

Fox will also air an episode of Brooklyn Nine-Nine that night after New Girl, with the show fresh off its Golden Globe award for best comedy. The Super Bowl is traditionally the most-watched television event of the year, so the time slots after it are considered prime real estate.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Poehler's man- pal wages war against Bono post-smooch

MELINDA
TAUB

Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical. Since she didn't have a seat in the audience, she sat on Bono's lap when her nomination

was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono.

Poehler's boyfriend Nick Kroll, comedian and star of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.



Johnny Depp and Amber Heard

There's Johnny! We've Heard about this pair, but now we have proof

Though Johnny Depp and Amber Heard reportedly have been dating since 2012, they've avoided making any official appearances as a couple — until this weekend. The pair posed for photos together inside the Art of Elysium's annual Heaven

Gala on Saturday in Los Angeles, both dressed in mostly black save for Depp's favorite beaten-up tan fedora, according to Getty Images. During the event, the pair sat close at a table near the stage, with Depp's arm around Heard.



Ke\$ha

Ke\$ha tried to make mom go to rehab and she said yes, yes, yes

The family that rehabilitates together stays together, it would seem, as singer Ke\$ha's mother, Pebe Sebert, has checked herself into the same rehab facility as her daughter, according to People magazine. "I'm check-

ing myself into Timberline Knolls today for post-traumatic stress disorder, at Ke\$ha's urging," she tells the magazine. Ke\$ha checked into the facility earlier this month to cope with an eating disorder.

Twitter



@Sethrogen

I'm a little behind on the globes but HOLY S—! Christopher Plummer won for Beginners!



@SteveCarell

Every six years I purchase a can of Underwood Deviled Ham thinking that it will be something other than what it is.



@WhitneyCummings

Hey somebody send me a text so I can over analyze it!

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HIMYM star smiles it forward

Alyson Hannigan.
The *How I Met Your Mother* actress talks to Metro about some of the surprises that parenting brings

**EMILY
LAURENCE**
Metro World News

How I Met Your Mother star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate \$1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which



How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

[are] very colourful.

That must be interesting.

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie,

black is all the colours — I'm wearing them all!"

Who do you go to and trade parenting advice with?

I talk to the other moms at my daughter's school and my

best friend, Pamela Fryman, who is the director of *How I Met Your Mother*. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

Which one of your co-stars

is the best with kids?

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies, but he's good. He's just scared of touching them. He likes to keep his distance, but he's really good with them.

The top 5 health trends of 2014

MICHELLE CASTILLO METRO WORLD NEWS

Better 3D printed organs

3D printers provide many options, especially for doctors. With the shortage of organ donations, being able to custom print organs for patients not only will give them a longer life but limit the chance of rejection.

Rise of CrossFit and conditioning programs

The global recession has forced people to cut their budgets, so cheaper ways to work out are in demand. While CrossFit and other strength and condition programs require some equipment, they don't require expensive devices or many classes before you learn the basics of the routine.

More understanding about autism

Autism spectrum diseases (ASDs) are developmental disorders affecting up to one in 50 school-aged children in the U.S., according to government estimates. Recent studies suggest the disease may have some roots in the autoimmune system, which should provide more answers on how to treat it.

Breast cancer awareness

Last year, Angelina Jolie revealed she had the BRCA gene that made it more likely for her to develop breast cancer. The genetic link influenced her decision to have a preventative mastectomy, a controversial decision since it isn't guaranteed that she would get the disease. Expect more studies to reveal more about this gene.

Progress in AIDS research and a 'cure' for HIV

Some people claim to have been "cured" of HIV, either by bone marrow transplants or through rigorous drug treatments shortly after birth. Now that we have a better understanding of the virus, there may potentially be a cure for more people in the near future.

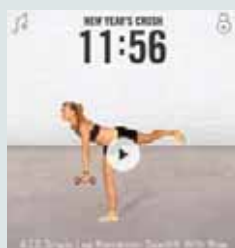
3
LIFE

Review

Get fit with
the help of
celebrities

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Nike Training Club iPhone/Android Free
You don't actually work out alongside Maria Sharapova. Instead, she and other celebrity athletes show you the steps before abandoning you to an uninspiring timer in this otherwise feature-rich fitness trainer.



Bundle up to prevent frostbite

Perils of cold weather.

Frostbite can start developing within seconds in bitterly cold sub-zero temperatures

It seemed to Karl Zebarth like a good idea at the time: he had just left a friend's New Year's Eve party and decided to dash through the park to his nearby home in Georgetown, Ont., a shortcut he had taken before.

But Zebarth, dressed only in a light sweater and jeans, slipped on the slick surface left by the pre-Christmas ice storm and cut his hands, which he'd thrown out to break his fall.

He couldn't get up. "I had drunk a little, but not a lot. It was just the ice," says Zebarth, 24, who was rescued by a young couple walking by who heard his calls for help and summoned an ambulance.

The temperature with the wind chill was close to a frigid -20 C that night, and within minutes frostbite had begun to set in on his gloveless hands.

Signs and symptoms of frostbite

- A slightly painful, prickly or itching sensation
- Red, white, pale or greyish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Clumsiness due to joint and muscle stiffness
- Skin that has turned black, indicating gangrene

"They were terrible," he says of his fingers. "They were very swollen, very colourful — black, purple, yellow — and they were losing a bit of skin. I started getting blisters that started bleeding."

Depending on how low the temperature plunges, frostbite can start developing within seconds in exposed body parts like the nose, earlobes, fingers, hands and toes, explains Dr. Marc Jeschke, director of Sunnybrook Hospital's burn unit, where Zebarth spent a week being treated.

As with burns, there are different degrees of frostbite, ranging from superficial — often called frostnip — to extreme deep freezing that can even de-

stroy bone.

Exposure to bitterly cold temperatures causes blood and other fluids in the tissues to crystallize, "almost like a freezer," says Jeschke.

"At the beginning, it's painful," he says. "We all know this when we go out and shovel snow — all of a sudden it's painful. Then after a while, because of the crystallization and the cold, it has an anesthetic effect. It means you don't feel it."

If someone suspects they have frostbite, they should get indoors and bathe the affected area in lukewarm water — not hot, as that can cause more damage — and take ibuprofen for pain and inflammation, says Jeschke. **THE CANADIAN PRESS**



As with burns, there are different degrees of frostbite. ISTOCK IMAGES

Banks can go over the top with overdraft protection

Avoid overspending with cash control. But if you must to do it search for a fixed fee, watch for greedy charging plans



GAIL VAZ-OXLADE
life@metronews.ca

I've worked with a lot of people who have overdraft protection, and I hear from many more every month. While there are pros and cons to overdraft protection, most people sign up without really understanding what they're "buying."

Overdraft protection is usually sold to people when they open their accounts as the way to ensure that bounced cheques don't ruin their credit ratings.

When you try to spend money you don't have in your account, the bank covers the withdrawal — be it a cheque, debit or cash withdrawal.

Don't confuse the kind of overdraft protection you "buy," for which you sign an agreement, with what some banks call "bounce protection" or "courtesy overdraft protection" which they offer to save you from the embarrassment or hassle of a returned cheques, which can be very expensive.

The average courtesy overdraft fee runs to about \$29 a month, but fees can be substantially higher depending on how undisciplined you are. And since the fee is levied regardless of the amount you go into overdraft for, it can be astronomical when you calculate it as a percentage of the "loan."

One woman wrote me to say that she was appalled when

her statement came in and she had over \$160 in bounce fees. Some banks are trying to make their OD protection even more profitable by charging up to \$5 for every business day an overdraft is created or increased. So if you go into overdraft on the 12th, you'll be dinged with a \$5 charge. Buy something for \$1.25 the next day and go further into your overdraft and you'll be dinged with another \$5 fee. Ouch! I'm all for the traditional overdraft protection for which you sign an agreement so you know what you'll pay in interest, and for which you pay a flat monthly fee.

This is particularly true if you're in a transition: getting separated or divorced, moving or changing jobs. An overdraft protection plan beats the pants of NSF fees and the bruise on your credit report. And it is far less expensive than the pay-as-

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

you-go option. What I'm not down with is the idea that overdraft protection gives people a license to ignore their cash management. No, you can't spend whatever you want, whenever you want, because overdraft protection is there to catch you like a safety net. And you're not allowed to live in overdraft, squeaking into the black for a couple of days twice a month when your paycheck passes through your account. While some of you might

think, as I do, that overdraft protection is a short-term affair — most last only about five days or less — I've met oodles of people who practically live in overdraft. And, ya know what?

The banks don't mind one little bit when you go into overdraft, since overdraft interest rates are well above regular lending rates. One bank I checked charges 21 per cent interest on your outstanding overdraft balance, along with the fee that going into overdraft automatically triggers.

The solution is to manage the cash in your account so you don't try to spend money you don't have. How do you do that? Easy. You use a spending journal to track what's going into and coming out of your bank account. If you think that sounds like too much work, you're a dope. Staying out of overdraft will save you a bundle.

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UPGRADE YOUR SELLING SKILLS AT MRU

PROGRAM FOR NEW, SEASONED SELLERS

Selling today is made more challenging by the number of individuals that sellers must satisfy.

As a result, sellers must be able to identify needs in all of these areas to secure the business.

"In today's business environment, there are all sorts of new ways to sell, yet in itself, selling is a people profession. People fundamentally 'buy' from who they like, trust, respect and know can get the job done," says Rob Haines, instructor of the sales development certificate program at Mount Royal University, faculty of continuing education.

"Our role in the sales profession is to assist our client in making informed buying decisions, or to assist in the facilitation of making purchasing decisions."

The MRU sales development certificate of Completion has been revised to meet training needs for new sales professionals,

those who want to enhance their current sales skills, and people who have sales responsibilities in their roles.

The program is a fundamentals-based, skills-development program designed for both new and seasoned salespeople.

Haines, who helped revise the curriculum, has been a sales training specialist in Western Canada for more than 20 years and has provided training throughout North America.

"MRU has the most comprehensive program available in a secondary learning environment in Alberta and gives learners and the companies they represent comfort in knowing they are coming away with knowledge and skills," Haines says.

It is a three-course program, which totals 57 hours, includes professional sales fundamentals, sales process and methodology, and sales management strategies.

"These three courses serve as either a launch pad for their career or it serves as a refreshment tool for those who have been in sales for a period of time," Haines says.

People can complete the program within one semester.



CONTRIBUTED

The sales development certificate of completion is designed to work around the schedule of working professionals, like most of the continuing education courses at MRU.

Courses take place on Fridays and Sat-

urdays from 9 a.m. to 5 p.m. (there is an 8:30 a.m. start for the professional sales fundamentals course).

For more information about the sales development program, visit conted.mroyal.ca/sales.



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ST. MARY'S UNVEILS NEW BIOLOGY MAJOR

If you have been putting your life and career plans under the microscope lately, you may want to consider looking into the new four-year bachelor of science with a major in biology at St. Mary's University College.

Approved by the Ministry of Innovation and Advanced Education, this new degree is unique to Alberta.

"Although there are many biology degree programs in Alberta, this program offers students opportunities not found at larger institutions," says Dr. Gerry Turcotte, president of St. Mary's. "The degree draws on St. Mary's strengths in the liberal arts, the centrality of ethics and social justice to its mission, its small class size and intimate environment, and its proximity to and ties with Fish Creek Provincial Park."

Students pursuing this degree will be challenged to consider the effects of science on society and the effects of society on scientific thinking.

A vital component of this program will be ensuring that students recognize their responsibility to their community and the world.

"The biology degree arrives at a perfect time for St. Mary's," Turcotte says. "Certainly we have record enrolments in science and unprecedented interest from students. But we are also building great partnerships with Fish Creek Provincial Park and making use of our extraordinary campus."

This program prepares students for a wide array of careers, with roles from agriculture to biomedical laboratory research, from environmental consulting to veterinary medicine.

Students completing this program can also pursue graduate work in biology, business, education, law or medicine.

Students currently enrolled in the biological sciences transfer program were thrilled to learn of the announcement of the degree.

"The new biology degree has been eagerly awaited by our students," says Dr. Mary Ann McLean, associate professor in biology at St. Mary's. "When it was first announced, students were high-fiving each other in class. The comment I hear most is that 'now I won't have to leave St Mary's to finish my degree.'"

For more information, visit stmu.ca.

PRACTISE WHAT YOU ARE TAUGHT

U OF REGINA CO-OP PROGRAM

Students in the University of Regina's co-operative education (co-op) program earned \$9.7 million in wages in 2013. But it's not just the promise of a paycheck that draws students to the program.

"Being able to practise and experience what you're taught in class and getting paid is the perfect balance," says Esther Edoho, a University of Regina student in the faculty of business administration. "Another perk is that you get to work with professionals in your field of study — they have offered me advice on how to progress with my future career and what I will need to know to stand out when it comes time for interviews."

Sydney Gossard is in her final year of studies with the faculty of arts (English) and centre for continuing education (public rela-



SYDA PRODUCTIONS/COLOURBOX

tions certificate) at the University of Regina. She agrees that the co-op program provides relevant experience.

"My academic experience hasn't been trumped by my co-op experience, but rather enhanced," Gossard says. "The skills and values I could have only gained from the classroom are put to use in my work placements, and then further adapted into specific tasks and projects."

Since its inception in 1969, the university's co-op program has

had a record of 835 career-related placements in 2013 — a 45 per cent growth in the last seven years. With more than 50 programs to choose from, students from the faculties of arts, business administration, engineering and applied science and science are benefitting from an average of 12 to 16 months of supervised work experience by the time of graduation.

"I have been able to use skills specifically related to my degree — my writing skills, my communication skills, my creativity," says Gossard, who is certain this experience will aid her in the future.

In addition to the co-op program, both students have taken advantage of other services offered at the University of Regina's career centre, which offers workshops on resumé writing and interviewing, long-term career goal setting, and career and volunteer fairs.

For both students, the university's career centre has bridged the gap from classroom to career.



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CAREER COLLEGES ARE GAINING GROUND

While a post-secondary education is a valuable asset for any individual, colleges, especially those with programs aimed at practical skills training and career education, are gaining ground on turning out graduates who will run the economy of the future.

Among these are career colleges like the Academy of Learning Career College.

Academy of Learning has been a leader in individualized, multimedia career training in Canada for more than 25 years.

"We're very pleased to see more recognition of everything career colleges can do for people," says Charles Jarvis, general manager, Academy of Learning Career College. "The emphasis on the effects our training has on the economy is spot on because we have one mission — to give you the skills you need to get a good job."

"At Academy of Learning Career College, we are always studying labour market trends to ensure we are offering

the programs people need, and our graduate employment rates show that we've been doing the right thing in those areas for decades."

Academy of Learning's integrated learning system makes it easier and more accessible for students to get an education in less than a year in areas such as health care, business, office administration, IT, web design, accounting and more.

For more information, please visit academyoflearning.ab.ca.



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With campuses in both Calgary and Toronto, ABM ensures students are confident and ready to enter the

workforce in an in-demand field after program completion.

Programs are starting for medical office and pharmacy assistant, health-care aide, accounting and payroll, esthetics, massage therapy and more.

Each program includes in-class education and on-site lab training, supplemented by an organized practicum.

"ABM College is the leading educational institution for health-care

aide graduates in Alberta," says Dr. Mohammed Baten, president of ABM College.

ABM provides programs to prepare students for in-demand work catering to individual schedules and career aspirations, making ABM College an easy fit for those with a family, holding a job or financial constraints.

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University
of Regina

RESOLVE COMPLEX PROBLEMS AT MOUNT ROYAL UNIVERSITY

Agile is a simple approach to resolving complex problems. It places a high value on individuals, collaboration, customer feedback and the ability to respond to change.

Mount Royal University is the first institution in Alberta to offer this training and starting this month, MRU will be offering seminars and exam prep courses in agile project management.

"The difference between winning and losing in the marketplace could often be tied to how well businesses execute their strategies," says Roti Akinsanmi, instructor of the project management certificate at MRU. "More organizations are embracing agile methods in order to improve time to market, increase customer involvement and improve teamwork in order to gain a competitive edge."

Akinsanmi is a graduate of MRU's project management certificate and has gained knowledge of



CONTRIBUTED

agile PM.

"Adoption of agile approaches is on the rise across multiple industries," Akinsanmi says. "Many organizations are realizing the benefits of adopting agile processes, which has resulted in a increased demand for agile professionals, especially in technology driven industries."

This is the newest project management discipline and credential offered by the Project Management Institute.

This discipline helps project managers make necessary adjustments throughout the course of a project in order to stay on deadline and budget and is especially useful for global project management teams.

"The agile project management team is not limited to the 'builders' of the product, but everyone contributing to the development of the end product or impacted by its

outcome, including the executive sponsor and end users or customers," Akinsanmi says.

Akinsanmi says most organizations use a mix of waterfall and agile methods to achieve the best results.

To be successful, the executive sponsor should have a basic understanding of both project management techniques and skills to be effective in their role to the business for the overall success of the project.

"Success is not guaranteed, regardless of which project management methods are adopted," Akinsanmi says. "But with the right mix, discipline and commitment, organizations adopting agile methods stand a better chance of creating a quality product faster."

For more about the project management certificate at MRU, visit conted.mtroyal.ca/pmagile.

DIGITAL SCHOOL DESIGNING THE FUTURE

The federal government is now recognizing the value of the contributions that private career colleges are making to Canada's economy.

In a recent press conference, Jason Kenney, Minister of Employment and Social Development and Minister for Multiculturalism, referred to private career colleges as the "unsung heroes in our educational system."

Digital School Technical Design College is designing the future as Alberta's premiere drafting, design and building information modelling college.

"We are continually hearing from employers and industry leaders how the need for qualified drafters is growing and growing,



PHOVOIR/COLOURBOX

not only in Alberta, but around the world," says Brady Sylvester, assistant manager, Digital School.

"The field of computer-aided drafting is one that will never stop changing and looking for ways to do things better, and that's where Digital School really shines with

our emphasis on training our students in the latest software and techniques."

One of the ways Digital School is thinking ahead is by offering courses like BIM (building information modelling).

"It's not just a matter of technology and techniques, but also a way of thinking that will take the industry through the next decade," Sylvester says.

Digital School is a private career college offering computer-aided design courses (CAD) where students can earn a degree in less than a year, either full time, part time or online.

For more information, please visit digitalschool.ca.



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CHALLENGE THE WORLD WITH ABES

For Alberta Business and Educational Services (ABES) graduate Priyanka Kumar, the government of Alberta health-care aide (HCA) program was the chance for her to go back to school to gain knowledge in a field that makes a difference in the lives of others.

"From the beginning my experience with ABES has been great," Kumar says. "From the time I stepped in the building I have been helped and all my questions were answered."

Kumar says her time at ABES was extremely valuable in getting the career she wanted and credits the work of the instructors in helping her to succeed in her program.

"All the staff at ABES are knowledgeable, they guided me and also explained to me about the courses the school is offering," Kumar says. "I chose to be an HCA student and I'm so thankful to ABES for carrying such courses and to help students to get back on their feet and to challenge the world."

The HCA program is a full-time, 21-week program that will provide you with all the skills and practical experience necessary to work as a government of Alberta-approved health-care aide.

All students complete a minimum of three different practicums, giving them variety to discover their ideal workplace setting once they complete the program.

The practicum component is key to the success that ABES students have had with the HCA program as they gain real-world experience in actual working environments.

Each student's practicum reinforces the skills gained through the HCA program.

The government of Alberta HCA program has graduated thousands of health-care aides in the Calgary area and employment rates have always exceeded 90 per cent in a variety of health-care settings, including hospitals, nursing homes, group homes, long-term care facilities, and community-based programs.

ABES is a private vocational training school offering training programs in 50 different vocational areas, including health-care training programs.

ABES runs in partnership with Calgary Laboratory Services, Alberta Health Services and Alberta Human Services to give students the best opportunity to succeed in their chosen fields.

For more information, visit abes.ca.

EXPLORE YOUR CREATIVE SIDE THIS YEAR

AT THE UNIVERSITY OF CALGARY

The University of Calgary continuing education department offers a number of courses and certificate programs in art, creative writing, graphic design, interior design and photography to help you explore your creative side this year.

Courses in the creative writing program are delivered online, allowing students to work from anywhere, and at times that are convenient to them.

Art, photography, interior design and graphic design courses are taught on the university campus on weekday evenings and weekends.

Some of the graphic design courses are also available online.

For Bill Riddell, being a student again was high on his list of things to do once he settled in Calgary after retiring from a 36-year teaching career in England.

"I wanted more education," says Riddell, who immediately set his sights on the



SERGOFOTO/COLOURBOX

certificate in visual design specializing in photography.

"Just because you're retired doesn't mean you should stop learning."

Riddell says his photography has improved as a result of the program.

"The most important thing I've learned is that you need to be patient to take good

photographs," Riddell says. "I still do some quick point-and-shoot pictures, but now I also take photos that require planning and structure."

Amber Baker is a graduate of the certificate in visual design specializing in art theory and practice.

When she enrolled in her first art class, she had no idea she was beginning a journey of self-discovery that would lead her to a newfound passion for art.

"I never pegged myself as an artist," Baker says. "I used to draw stick figures, but I've learned that art can be taught."

Darcy Blanchard and Glenda James — business partners of a successful home-staging business — are graduates of the certificate in visual design specializing in interior design.

"The learning opened my eyes to many other aspects of visual design, and it really did help our business as well," James says. "People ask about our credentials all the time, so it's become a very valuable asset."

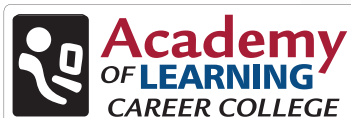
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technical design college

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Almond Flour Brownies get Paleo-friendly makeover

Theresa Albert
myfriendinfood.com

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat oven to 350 F.

2. In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

3. Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and



This recipe serves 12. COURTESY THERESA ALBERT

cocoa powder. Pour into pan.

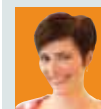
4. Bake for about 22 - 25 minutes just until edges begin to set. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

Health Solutions

A flour substitute — with a warning



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour

recipes may be a good idea for you (or on occasion).

- Almond flour contains more protein than wheat flour, and has no gluten.

- Almond flour contributes twice the potassium and six times more calcium than wheat flour.

- One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also

benefit from added nutrients. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



Credit Card Authorization Assistant

Metro's Finance Department is looking for a Credit Card Authorization Assistant to join the Credit & Collections team. Reporting to the Credit & Collections Manager, the successful candidate will be responsible for ensuring that all payments made to Metro are correctly received and reported.

PRIMARY RESPONSIBILITIES:

- Credit cards processing for Amex, MasterCard and Visa in Payfirma system for prepay ads
- Obtain credit card information from customers via telephone and Fax to process the cards
- Comply to PCI compliance rules
- Responsible to approve or Cancel prepay orders based on payment received 36 hrs prior to ad run date for western markets
- Follow up on customers prepay account outstanding with sales reps

REQUIREMENTS OF THE POSITION:

- 2 to 3 years related experience
- Experience in working in web based programs
- Comprehensive knowledge of Microsoft Office, Excel and Word
- Customer Service Skills
- Ability to multi-task and work in a fast paced environment
- Detail oriented
- Flexible, independent, creative, efficient, entrepreneurial spirited rebel preferred

If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than **January 17th, 2014**. PLEASE QUOTE: "Credit Card Authorization Assistant" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

metro

Find a big glass of milk and dunk away

When these easy-to-make cookies are still warm (or if they aren't, put them in the microwave for a few seconds), make a cookie sandwich using a spoon of ice cream.

1. Preheat oven to 375 F (190 C). Butter large baking sheets or line with parchment paper.

2. In a large bowl, using an electric mixer, beat butter, both brown and granulated sugars and vanilla until fluffy. Beat in egg. Add flour, baking soda and milk and stir with a wooden spoon until blended. Stir in chocolate chips.

3. Drop by heaping tablespoonfuls (15 ml) onto prepared baking sheets, at least 3 inches (7.5 cm) apart.

4. Bake, one sheet at a time,

Ingredients

- 1/2 cup (125 ml) butter, softened
- 1/2 cup (125 ml) packed brown sugar
- 1/4 cup (60 ml) granulated sugar
- 1/2 tsp vanilla
- 1 egg
- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 tsp (2 ml) baking soda
- 1/2 cup (125 ml) milk
- 1-2 cups (250 - 500 ml) chocolate chips



It's never too cold for ice cream. So, go ahead, sandwich some between your batch of 24 cookies. THE CANADIAN PRESS

for 10 to 15 min or until golden around the edges and set in the centre. Let cool on sheets for 2 min, then transfer to racks

to cool. **THE CANADIAN PRESS/ ANDREW CAMPBELL OF BELLSON FARMS IN STRATHROY, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)**

Horoscopes

Aries

March 21 - April 20

Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

Taurus

April 21 - May 21

Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

Gemini

May 22 - June 21

You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

Cancer

June 22 - July 23

Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

Leo

July 24 - Aug. 23

It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

Virgo

Aug. 24 - Sept. 23

The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

Libra

Sept. 24 - Oct. 23

You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

Scorpio

Oct. 24 - Nov. 22

You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

Sagittarius

Nov. 23 - Dec. 21

You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

Capricorn

Dec. 22 - Jan. 20

It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

Aquarius

Jan. 21 - Feb. 19

You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

Pisces

Feb. 20 - March 20

Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Fedora borders
6. Pitcher
10. ___ au lait
14. Till again
15. Amble
16. "I ___ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "___ Inquest"
22. ___ whale
23. General Robert ___
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "___ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, ___ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically

charged

52. Cognizant

55. Country music

legend from Nova

Scotia (b.1914 -

d.1999): 2 wds.

57. Limit of \$\$\$ teams

pay players in sports:

2 wds.

60. Functional

61. Writer Mr. Waugh

62. VP part

63. Summary

64. Glance

65. Prescriptions,

commonly

66. Celebrating 50

Years: ___ University in

Peterborough, Ont.

Down

1. English composer,

William ___

2. Like Queen Eliza-

beth

3. "That's all that

___." (There's no

more)

4. 'Footloose' or 'Sat-

urday Night Fever':

2 wds.

5. Visible

6. Atomic Number 68

7. Brooklyn Bridge

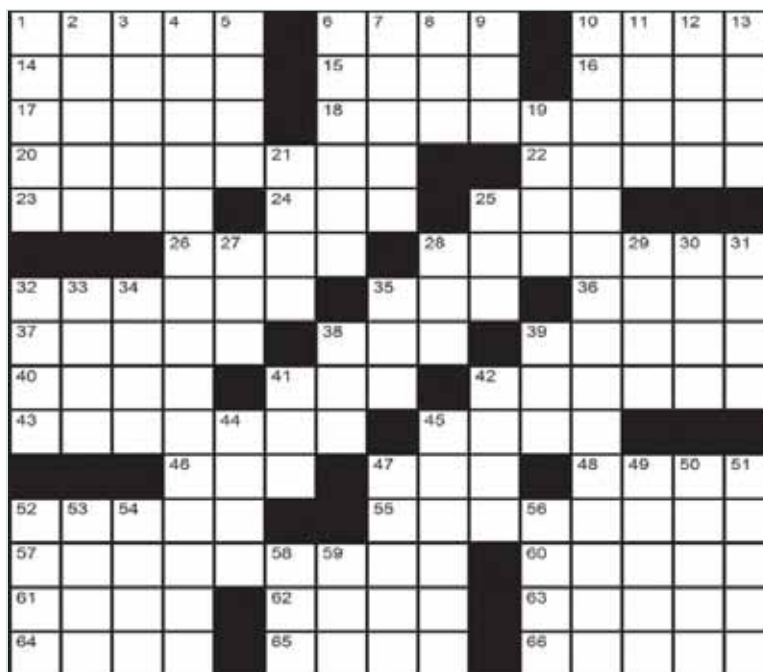
tune: "___ That Could

Happen"

8. Ms. Longoria

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. ___ & The Gang
31. ___-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 8°
MIN: -4°



MAX: 9°
MIN: 6°



MAX: 7°
MIN: -4°

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